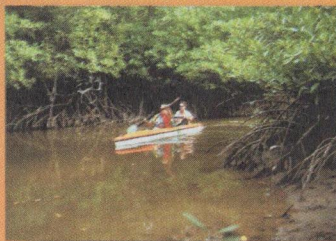
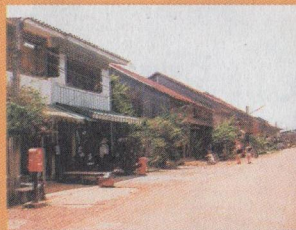


Island Explorer Tour

The "White Gold" of Southern Thailand.



The mysterious ecology of the mangrove forests, discovered during a self-paddle trip by canoe



The old wooden houses of Lanta's former capital.

Thai-style lunch in a local restaurant

Afternoon break at Mu Koh Lanta National Park with time for relaxing or swimming



Visit the only orchid farm on Lanta.

All in one trip !

For reservations
please phone 01-2284213

Price 1300 Baht per adult
950 Baht per child

South Nature Travel

111 Moo 2 Saladan Koh Lanta Krabi 81150 TAT Lic. No 31/0117

Infrastructure

Since 1996 the island is connected to the electric power supply of the mainland and can be reached by car ferry. Until 1998, the district office was located in Si Raya village (Lanta Pier), but was then moved to a new building on Lanta Noi Island, opposite Saladan. A paved street connects Saladan with Lanta Pier and Sang Ga-U village, other roads are still without surface. Following the main street along the west coast, the first beach, where most resorts are located, is Khlong Dao Beach. Long Beach, Phra-Ae Beach, Khlong Khoang, Khlong Nin and Kantiang Beach follow southwards. The last one is Khlong Jak Bay, then the National Park area starts, that can be crossed on a street high above the cliffs until the light house at the southernmost tip is reached.

Bank Office

there is only one branch of Siam City Bank at Saladan, that is open from Monday to Friday from 08:30 to 15:30. Besides money changing is possible at travel counters and hotel receptions. When changing traveller cheques or cashing money with your credit card you have to show your passport.

What to do

Visitors interested in nature, should visit Lanta Orchid Nursery at Long Beach, for an interesting exhibition on Thailand's native orchids. Those more attracted by trekking can start for an easy 2-hours walk from Khlong Jak Bay along a stream through grasslands and rain forest to a small waterfall. The fall normally dries up between February and March. A local attraction are the Mai Kao Caves, situated above Khlong Nin Village. They have been discovered only recently when burning the forest in this area, but you should ask for a guide before starting for the 2-hours exploration.

Beach

Keep yourself out of the sun during the first days of your holiday, stay in the shadow and use a sun lotion with high UV-protection. Even if you see others doing "it"..., please show respect for the Thai culture and do not (sun) bath topless or naked in lakes, waterfalls at the beach or in the open sea.

Doctors and Dentists

are available at Krabi Hospital, 325 Uttarakit Rd. Krabi Town Tel 075/611212 and 075/611228. Opening hours are from Monday to Friday from 08:00 to 15:00. Closed on Saturdays, but open on Sundays from 08:00 to 12:00. Medical expenses have to be paid in advance. Please ask for a receipt to have the possibility to ask for refund, when returning home.

Stamps

are sold at hotel receptions and at the post office. Airmail letters to Europe need approx. 5-10 days (do not forget to mark "Airmail" on envelopes or post cards).

Southern Lanta Resort



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Tel/Fax: (075) 621174
www.southernlanta.th.com

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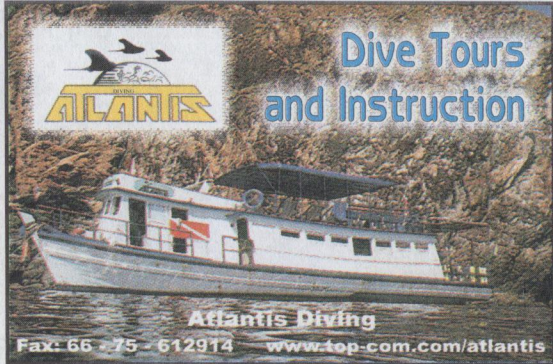
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LANTA SEA HOUSE



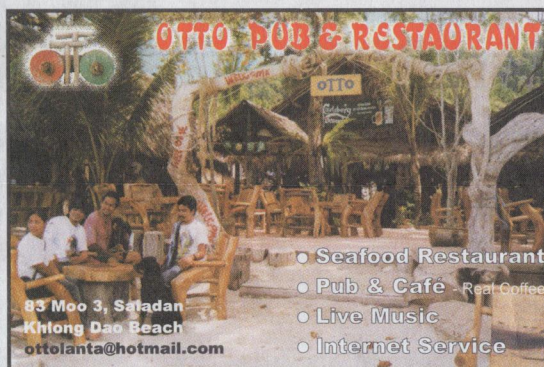
Tel/Fax 075-612713
E-mail lantaseahouse@hotmail.com

Andaman Lanta Resort



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Koh Lanta, Krabi
Tel/Fax: (075) 621200 (01) 3972567

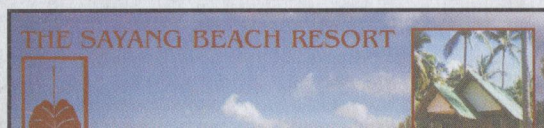
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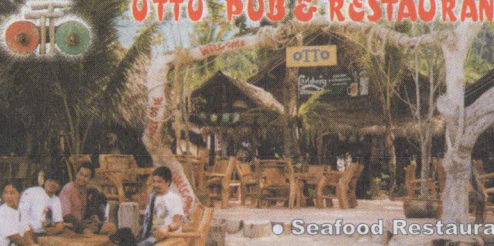


Koh Lanta Canoeing
please phone for further details to 01-2284213.



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Tel: (01) 4760697, (077) 422275, 422443

Last Horizon Resort
Khlongkhong Beach



Tel: (01) 2283625
http://www.lanta.de/lasthorizon
E-mail: last_horizon@hotmail.com

Map of Lanta Islands



History
In former times, when the people from the South travelled along the Andaman coast, they regularly found a lot of fishes and other creatures of the sea in the waters off these islands. They used to grill their catch on a special construction, that was called "Lantan" and that finally gave this island the name "Koh Lantas". In 1917, the name was changed to today's "Koh Lanta" and the two main islands together with 51 smaller isles became a district of Krabi Province. At this time Lanta island was of some importance, as the trade ships between Kantang and Phuket passed the island regularly. With the construction of road No 4 from Krabi southwards to Trang and Hatyai, goods transportation changed to the road.

Geography
Lanta Yai, the main island, is 27 kms in length and traversed by a mountain range, that reaches heights of 500 m in the south. The mountains in the northern part and the southern tip of Lanta are still covered with virgin rain forest, the main reason to declare the latter a national park in 1990. The 62nd national park of Thailand includes 15 off-shore islands and has a total area of 134 sqkm. Wildlife is limited to some smaller mammals, like squirrels, different snakes and more than 100 bird species.

Population
The population of the district, approximately 20000 people, consists of 95% Muslims and 4% Buddhists, who are mainly Chinese descendants and work in the local trade, especially in Saladan and Lanta Pier. The remaining 1% are Chao'le, who inhabit a small settlement south of Saladan and Sang Ga-U village on the south-eastern coast.

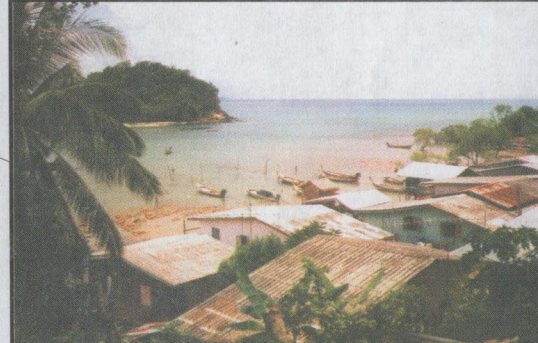
ISLAND

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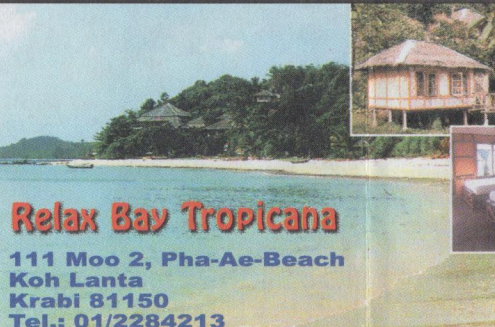



Lanta Orchid Nursery



Lanta Long Beach Lanta Island Krabi 81150 Thailand
Native Orchids, Hybrids, Accessories

Relax Bay Tropicana

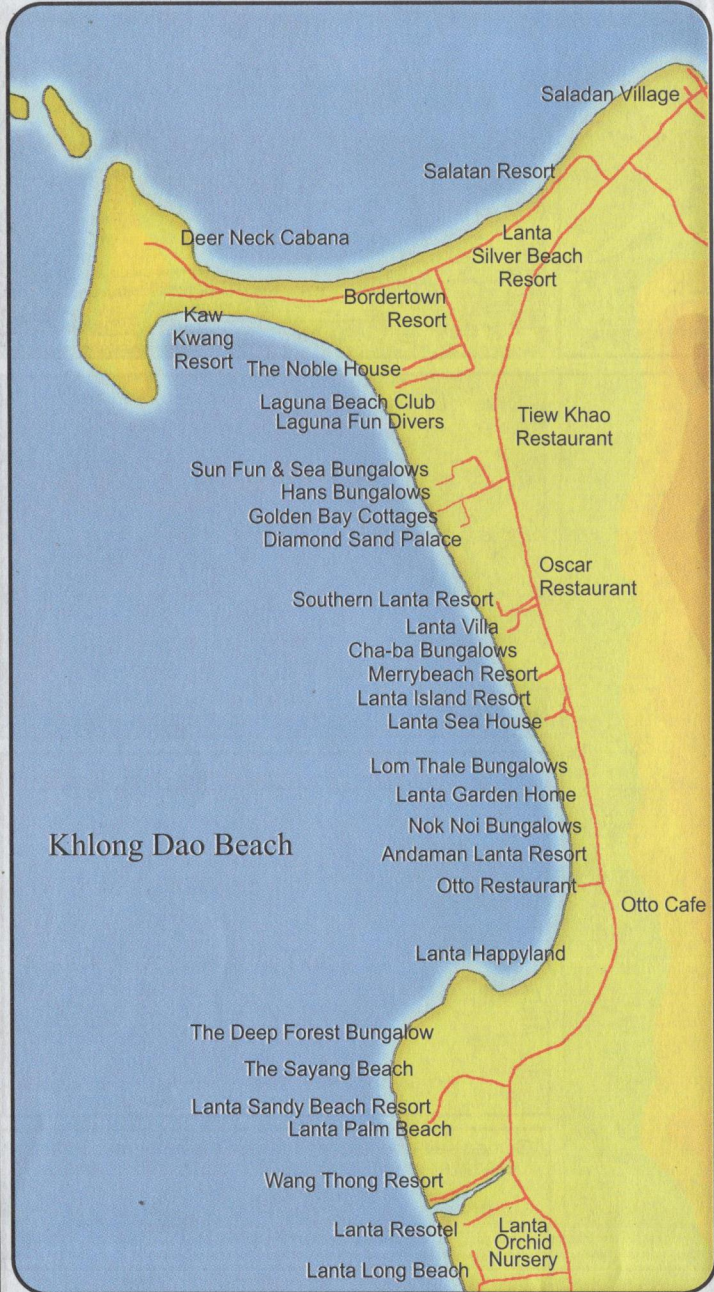


111 Moo 2, Pha-Ae-Beach
Koh Lanta
Krabi 81150
Tel.: 01/2284213
www.lanta.de/relaxbay

For the latest information on resorts and activities on Lanta Island, please visit our homepage at

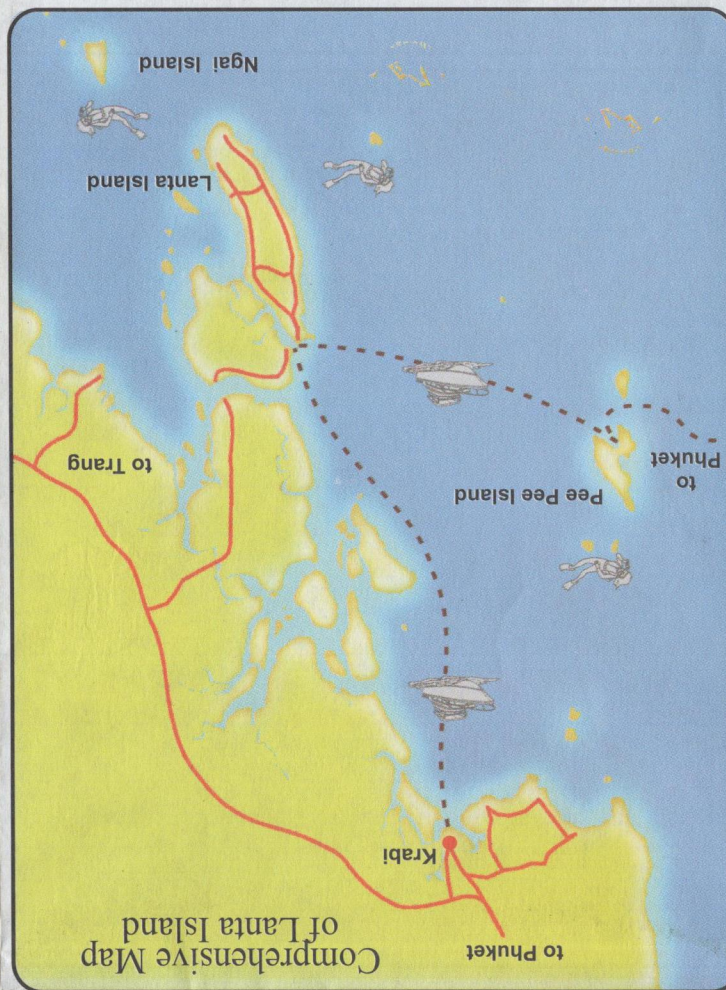
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Island-Network Koh Lanta

P.O. Box 267 Phuket 83000 Thailand
Tel/Fax 66/76/234201 E-mail info@lanta.de
<http://www.lanta.de>



Island-Network Koh Lanta

was founded in 1999 and provides the most comprehensive information about Lanta island on the internet at www.lanta.de. Besides, Island-Network Koh Lanta publishes a map of Lanta island, that is distributed free to visitors and contains ads of local enterprises.

*Please
Keep
Lanta
Clean!*

Think twice before throwing "it" into the sea !

Think twice before you toss any waste into the sea because the environment belongs to all of us, and our children, too. Did you know that it takes 2-5 months until paper disintegrates in water? And orange and banana peels stay there up to 6 months. Cigarette filters remain for 12 years, plastic bags up to 20 years and aluminium cans need more than 100 years to disintegrate. Glass bottles and foam products are in fact indestructible and remain a permanent threat to the underwater world. Besides foam, plastic bags are seen as possible food and lead to slow and painful death of several creatures, especially turtles.

Do you need transportation from Phuket, Krabi or Trang Airport to Lanta Island? Do you prefer to have your return trip pre-arranged?

Please contact South Nature Travel for transfer services in the South of Thailand.

South Nature Travel Co., Ltd.
P.O Box 267
Phuket 83000
Thailand
Tel: 076 / 234201
Fax: 66 76 / 234201
E-Mail southntr@loxinfo.co.th



Other services include our "Off-the-Beaten-Track" programmes for individual travellers, that can be tailored to your request. They are accompanied by experienced guides and introduce visitors to the culture, landscapes and the unique nature of the numerous National Parks of the South.